

**EASTERN REGIONAL HIGH SCHOOL**  
**MEMORANDUM**

**SUMMER 2016 PROGRAM SCHEDULE**

**BOYS BASKETBALL**

**Open Gym**

Monday & Wednesday  
July 11<sup>th</sup> – August 3<sup>rd</sup>  
2:30 – 4:30 pm @ Gym 1

**Small Group Workout**

Tuesday & Thursday  
July 12<sup>th</sup> – August 4<sup>th</sup>  
7:00 – 8:30 am @ Gym 1

**GIRLS BASKETBALL**

**Open Gym**

Monday through Friday  
July 11<sup>th</sup> – August 5<sup>th</sup>  
10:00 am – 1:00 pm @ Gym 1

**CHEERLEADING**

**Summer Practice**

Tuesday & Thursday  
July 12<sup>th</sup> – August 9<sup>th</sup>  
3:00 – 5:00 pm @ Gym 2

**CROSS COUNTRY**

**Summer Runs**

July 6<sup>th</sup> – August 10<sup>th</sup>  
Monday/Wednesday/Friday  
8:00 – 9:30 am  
Tuesday/Thursday  
6:30 – 8:00 pm

**FIELD HOCKEY**

**Summer Practice**

July 6<sup>th</sup>, 11<sup>th</sup>, 13<sup>th</sup>, 25<sup>th</sup>, & 27<sup>th</sup>  
4:00 – 6:00 pm @ McAleer Stadium

**FOOTBALL**

**Summer Training**

Tuesday & Thursday  
July 5<sup>th</sup> – 28<sup>th</sup>  
5:30 – 8:00 pm @ McAleer Stadium

**BOYS SOCCER**

**Training Sessions**

Tuesday & Thursday  
July 5<sup>th</sup> – August 4<sup>th</sup>  
6:00 – 8:30 pm @ Soccer/Lax Complex

**GIRLS SOCCER**

**Summer Practice**

Tuesday & Thursday  
June 30<sup>th</sup> – August 4<sup>th</sup>  
8:00 – 11:00 am @ Soccer /Lax Complex

**VOLLEYBALL**

July 5<sup>th</sup> – August 12<sup>th</sup>

**Strength & Conditioning**

Monday/Wednesday/Friday  
7:00 – 8:30 am @ Gym 4

**Agility Training**

Tuesday & Thursday  
6:30 – 9:00 pm @ Gym 1

**WRESTLING**

**Open Workouts**

Tuesday/Wednesday/Thursday  
July 12<sup>th</sup> – August 4<sup>th</sup>  
6:00 – 8:00 pm @ Gym 3

**WEIGHT TRAINING HOURS**

Tuesday/Wednesday/Thursday  
July 5<sup>th</sup> – July 28<sup>th</sup>  
7:00 – 9:00 am & 3:00 – 5:00 pm  
@ Weight Room

**ATHLETIC TRAINER HOURS**

**Treatment & Rehab**

Monday/Wednesday/Friday  
July 6<sup>th</sup> – July 22<sup>nd</sup>  
9:00 am – 12:00 pm

*Email Mr. Christy directly at [christy@eccrsd.us](mailto:christy@eccrsd.us) to schedule an appointment.*

**EASTERN REGIONAL HIGH SCHOOL**  
**MEMORANDUM**

**FALL 2016 FIRST PRACTICE DATES**

**BOYS CROSS COUNTRY**

*Monday August 15<sup>th</sup>, 2016 – McAleer Stadium (track) – 8:00 am*

**GIRLS CROSS COUNTRY**

*Monday August 15<sup>th</sup>, 2016 – McAleer Stadium (track) – 8:00 am*

**FIELD HOCKEY**

*Monday August 15<sup>th</sup>, 2016 – McAleer Stadium (turf) – 8:00 am*

**FOOTBALL**

*Wednesday August 10<sup>th</sup>, 2016 – McAleer Stadium (turf) – 3:00 pm*

**BOYS SOCCER**

*Friday August 12<sup>th</sup>, 2016 – Soccer/Lacrosse Complex – 8:00 am*

**GIRLS SOCCER**

*Friday August 12<sup>th</sup>, 2016 – Soccer/Lacrosse Complex – 8:00 am*

**GIRLS TENNIS**

*Monday August 15<sup>th</sup>, 2016 – Tennis Courts – 8:00 am*

**GIRLS VOLLEYBALL**

*Monday August 15<sup>th</sup>, 2016 – Gyms 1 & 4 – 9:00 am*

**FALL CHEERLEADING**

*Monday August 15<sup>th</sup>, 2016 – Gym 2*

**FOR COMPLETE SCHEDULES,**

PLEASE VISIT [WWW.EASTERNVIKINGS.ORG](http://WWW.EASTERNVIKINGS.ORG)

AND/OR DOWNLOAD THE BIGTEAMS APP ON YOUR SMART PHONE OR MOBILE DEVICE.